

## Full Report (All Nutrients) 09156, Lemon peel, raw

Report Date: June 30, 2017 12:10 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 6g	1 tsp 2g
<b>Proximates</b>						
Water	g	81.60	--	--	4.90	1.63
Energy	kcal	47	--	--	3	1
Energy	kJ	197	--	--	12	4
Protein	g	1.50	--	--	0.09	0.03
Total lipid (fat)	g	0.30	--	--	0.02	0.01
Ash	g	0.60	--	--	0.04	0.01
Carbohydrate, by difference	g	16.00	--	--	0.96	0.32
Fiber, total dietary	g	10.6	--	--	0.6	0.2
Sugars, total	g	4.17	--	--	0.25	0.08
<b>Minerals</b>						
Calcium, Ca	mg	134	--	--	8	3
Iron, Fe	mg	0.80	--	--	0.05	0.02
Magnesium, Mg	mg	15	--	--	1	0
Phosphorus, P	mg	12	--	--	1	0
Potassium, K	mg	160	--	--	10	3
Sodium, Na	mg	6	--	--	0	0
Zinc, Zn	mg	0.25	--	--	0.01	0.01
Copper, Cu	mg	0.092	--	--	0.006	0.002
Selenium, Se	µg	0.7	--	--	0.0	0.0
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	129.0	--	--	7.7	2.6
Thiamin	mg	0.060	--	--	0.004	0.001

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 6g	1 tsp 2g
Riboflavin	mg	0.080	--	--	0.005	0.002
Niacin	mg	0.400	--	--	0.024	0.008
Pantothenic acid	mg	0.319	--	--	0.019	0.006
Vitamin B-6	mg	0.172	--	--	0.010	0.003
Folate, total	µg	13	--	--	1	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	13	--	--	1	0
Folate, DFE	µg	13	--	--	1	0
Choline, total	mg	8.5	--	--	0.5	0.2
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	3	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	7	--	--	0	0
Carotene, alpha	µg	1	--	--	0	0
Cryptoxanthin, beta	µg	45	--	--	3	1
Vitamin A, IU	IU	50	--	--	3	1
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	18	--	--	1	0
Vitamin E (alpha-tocopherol)	mg	0.25	--	--	0.01	0.01
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.039	--	--	0.002	0.001
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.001	--	--	0.000	0.000
16:0	g	0.035	--	--	0.002	0.001

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 6g	1 tsp 2g
18:0	g	0.002	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.011	--	--	0.001	0.000
16:1 undifferentiated	g	0.001	--	--	0.000	0.000
18:1 undifferentiated	g	0.010	--	--	0.001	0.000
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.089	--	--	0.005	0.002
18:2 undifferentiated	g	0.063	--	--	0.004	0.001
18:3 undifferentiated	g	0.026	--	--	0.002	0.001
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Phytosterols	mg	35	--	--	2	1
<b>Amino Acids</b>						
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0